

THABO VAN WOUDENBERG

PHYSICAL ACTIVITY | SOCIAL INFLUENCE | MIXED METHODS

PERSONALIA

SUMMARY STATEMENT

Academic researcher who is interested in social influences on health behaviors and well-being of young people. Likes to use creative and innovative ways to help children and adolescents live a healthy lifestyle. Expert in quantitative methods to analyse large and complex datasets.

EDUCATION

PHD, BEHAVIOURAL SCIENCE 2015-2019

Behavioural Science Institute, Radboud University, NL
Dissertation topic: Social network interventions on physical activity in youth.
Promotor: Prof. Dr. Moniek Buijzen
Co-promotor: Dr. William Burk
Supervisor: Dr. Ir. Kirsten Bevelander

MSC, RESEARCH MASTER IN PSYCHOLOGY 2012-2014

Behavioural Science Institute, Radboud University, NL
Major research project: The use of narratives to enhance presence in virtual reality.
Supervisors: Prof. Dr. Rick van Baaren, Dr. Matthijs van Leeuwen and Prof. Dr. Moniek Buijzen
Minor research project: Self persuasion to promote media literacy.
Supervisor: Dr. Esther Rozendaal

BSC, COMMUNICATION SCIENCE 2009-2012

Communication Science, Radboud University, NL
Bachelor thesis: Gamification in scientific research.
Supervisor: Dr. Jan Bosman

FRESHMAN YEAR MEDICINE 2008-2009

Medical Sciences, Radboud University, NL

FRESHMAN YEAR INDUSTRIAL DESIGN 2007-2008

Industrial design, Technical University Delft, NL

SECONDARY SCHOOL 2001-2007

Stedelijk Gymnasium Nijmegen, NL
Field of study: Nature and Health
Extracurricular courses: Latin, Geography, Top sport (hockey)

RESEARCH EXPERIENCE

POST DOCTORAL RESEARCHER 2019

Behavioural Science Institute, Radboud University, NL
Research on physical activity in adolescents

PHD RESEARCHER	2015-2019
Behavioural Science Institute, Radboud University, NL	
Research for the MyMovez project (ERC grant)	

RESEARCH ASSISTANT	2014-2015
Behavioural Science Institute, Radboud University, NL	
Preparatory activities for the MyMovez project (ERC grant)	

STUDENT ASSISTANT	2013-2014
Behavioural Science Institute, Radboud University, & NHTV, Breda, NL	
Data collection for a virtual experiment	

JUNIOR RESEARCHER	2012
DVJ-Insights, Nijmegen, NL	
programming surveys, data analysis and writing reports	

TEACHING EXPERIENCE

MASTER THESIS SUPERVISOR	2017-2018
Behavioural Science Institute, Radboud University, NL	
Master thesis on social network analysis on unhealthy snacking behaviour of youth	

BACHELOR THESES SUPERVISOR	2017-2018
Behavioural Science Institute, Radboud University, NL	
Bachelor thesis on motivation to exercise	
Bachelor thesis on brand placement in vlogs	
Bachelor thesis on green appeals in advertising	
Bachelor thesis on celebrities endorsement and exercise	

CURRENT THEORIES OF MEDIA AND INFLUENCE	2015-2018
Behavioural Science Institute, Radboud University, NL	
International course on the current theories of influence and media effects	
Organized fundraisers with the students for the refugees near the university	

EXPERIMENTAL DESIGN (LEERPROJECT 3)	2016-2017
Behavioural Science Institute, Radboud University, NL	
Course in which the students learn in groups to perform and report an experiment	

CURRENT ISSUES IN COMMUNICATION SCIENCE	2016
Behavioural Science Institute, Radboud University, NL	
Lecture on virtual reality, fidelity, presence and applications	

COMMUNICATION SCIENCE SKILLS	2015-2016
Behavioural Science Institute, Radboud University, NL	
Course in which the students learn the basic skills for communication scientists	

UNIVERSITY AND ACADEMIC SERVICE

RESEARCH GROUPS	2014-2018
Social Network group (organizer), Behavioural Science Institute, Radboud University, NL	

MyMovez group, Behavioural Science Institute, Radboud University, NL
 Young Consumers group, Behavioural Science Institute, Radboud University, NL

COMMITTEES 2018
 Best thesis award committee of the Behavioural Science Institute

REVIEW 2018
 Ad-hoc review for PLOS one

HIRING COMMITTEE 2018
 Part of the hiring committee for a PhD position at the Behavioural Science Institute

ORGANIZED WORKSHOPS, SYMPOSIA AND COLLOQUIA

Multi-method research in behavioural science: “let’s exchange ideas!”, Nijmegen 2018

This multidisciplinary symposium introduced the attendants to different methods of data gathering used in behavioural science and gives insights in possible analytical strategies. In the afternoon session, brainstorm sessions were held in which attendants were invited to create innovative research questions based on the MyMovez dataset and set up collaborations to actually carry out the study.

Personalizing psychological assessment and interventions using interactive technology, Nijmegen, 2017

During the symposium, various speakers from different disciplines inspired new ideas on various possible ways we can use interactive technology to personalize psychological assessment and interventions.

During the workshop, we held brainstorm sessions to create new ideas, and promote transdisciplinary collaboration

Tom Snijders - Introduction to Social Network Analyses, Nijmegen, 2015

For this colloquium, we invited one of the leading authorities on social network analysis to present the basic principles and applications of social network theory and social network analysis.

INTERNSHIPS

RESEARCH INTERN 2012
 DVJ-Insights, Nijmegen, NL
 Research on ‘the Path to Purchase’ and ‘Gamification’.
 Support of the marketing research team

NURSERY INTERN 2009
 Jeroen Bosch Ziekenhuis, Den Bosch, NL
 Support of the nursery staff

RESEARCH INTERN 2007
 BMW motorrad, Rijswijk, NL
 Research on the market position of BMW motor helmets

COURSES AND TRAINING

PUBLICATION SKILLS 2018
 Behavioural Science Institute, Radboud University, NL

SCIENTIFIC INTEGRITY 2018
 Behavioural Science Institute, Radboud University, NL

COMPOSITIONAL DATA ANALYSIS 2017
 HEPA Conference, Zagreb, Croatia
 Examples of application in physical activity research

TOWARDS A MORE EFFICIENT AND RELIABLE PSYCHOLOGICAL SCIENCE 2017
Behavioural Science Institute, Radboud University, NL

Workshop taught by Daniel Lakens, Technical University of Eindhoven

PRESENTATION SKILLS 2017
Behavioural Science Institute, Radboud University, NL

UTILISING SOCIAL NETWORKS FOR BEH. CHANGE IN IN COMPLEX INTERV. 2017
ISBNPA Conference, Victoria, Canada

Workshop taught by Ruth Hunter; Jennifer Bingham, Queen's University Belfast
And Kayla de la Haye, University of Southern California

SOCIAL NETWORK APPROACH TO BEHAVIOUR CHANGE 2015
Sunbelt Conference, Brighton, England

Workshop taught by Thomas Valente, University of Southern California

INTRODUCTION TO RSIENA 2015
Behavioural Science Institute, Radboud University, NL

Workshop taught by Christian Stechlig, University of Groningen

ANALYSES IN R 2015
Behavioural Science Institute, Radboud University, NL

INTRODUCTION TO A PHD IN COMMUNICATION SCIENCE 2015
ASCOR, University of Amsterdam, NL

Workshop taught by Edith Smith, University of Amsterdam

PUBLICATIONS

H-index Google Scholar: 3

7. **Van Woudenberg, T. J.**, Simoski, B., Araújo, E. F. M., Bevelander, K. E., Burk, W. J., Smit, C. R., Buijs, L., Klein, M., & Buijzen, M. (2019). Simulated Social Network Interventions to Promote Physical Activity: Who Should Be the Influence Agents? *Journal of Medical Internet Research*.
6. Smit, C. R. de Leeuw, R. N. H., Bevelander, K. E. Burk, W. J., Buijs, L., **van Woudenberg, T. J.**, & Buijzen, M. (2018). An integrated model of fruit, vegetable, and water intake in young adolescents. *Health Psychology*, 37(12), 1159
5. **Van Woudenberg, T. J.**, Bevelander, K. E., Burk, W. J., Smit, C. R., Buijs, L., & Buijzen, M. (2018). A randomized controlled trial testing a social network intervention to promote physical activity among adolescents. *BMC Public Health*, 18(1), 542.
4. Bevelander, K. E., Smit, C. R., **van Woudenberg, T. J.**, Buijs, L., Burk, W. J., & Buijzen, M. (2018). Youth's social network structures and peer influences: study protocol MyMovez project-Phase I. *BMC Public Health*, 18(1), 504.
3. Ketelaar, P. E., Bernritter, S. F., **van Woudenberg, T. J.**, Rozendaal, E., König, R. P., Hühn, A. E., ... & Janssen, L. (2018). "Opening" location-based mobile ads: How openness and location congruency of location-based ads weaken negative effects of intrusiveness on brand choice. *Journal of Business Research*, 91, 277-285.
2. Fernandes de Mello Araújo, E., Simoski, B., **van Woudenberg, T. J.**, Bevelander, K. E., Smit, C. R., Buijs, L. B., ... & Buijzen, M. A. (2018). Using simulations for exploring interventions in social networks: Modeling physical activity behaviour in Dutch school classes. In *Proceedings of 8th International Conference on Simulation and Modeling Methodologies, Simultech 2018*, Porto, Portugal, 29-31 July, 2018.
1. Ketelaar, P. E., Bernritter, S. F., van't Riet, J., Hühn, A. E., **van Woudenberg, T. J.**, Müller, B. C., & Janssen, L. (2017). Disentangling location-based advertising: the effects of location congruency and medium type on consumers' ad attention and brand choice. *International Journal of Advertising*, 36(2), 356-367.

CONFERENCE PRESENTATIONS

INSNA CONFERENCE, MONTREAL, CANADA Promoting Adolescents Physical Activity through Social Network Interventions	2019
ISBNPA CONFERENCE, PRAGUE, CZECH REPUBLIC Simulated Social Network Interventions to Promote Physical Activity: Who Should Be the Influence Agents?	2019
ETMAAL CONFERENCE, NIJMEGEN, THE NETHERLANDS Narratives in the virtual world: on Presence, Involvement and Transportation in a Virtual Reality Game.	2019
ISPAH CONFERENCE, LONDON, UK Testing a Social Network Vlog Intervention to Promote Physical Activity Among Adolescents: A Randomized Controlled Trial.	2018
HEPA CONFERENCE, ZAGREB, CROATIA A Randomized Controlled Trial Testing a Social Network Intervention to Promote Physical Activity Among Adolescents by using Smartphones.	2017
ISBNPA CONFERENCE, VICTORIA, CANADA Similarity of physical activity in youngsters' social networks: Selection or Influence?	2017
ISPAH CONFERENCE, BANGKOK, THAILAND Assessing influence of peer interaction on physical activity among youth by measuring peer proximity with mobile technology.	2016
BSI PHD DAY, NIJMEGEN, NL Social network implemented health campaign to promote physical activity among youth.	2015
ICA CONFERENCE, SAN JUAN, PUERTO RICO To be there, or not to be there: Transportation, Involvement, and Presence in Virtual Reality.	2015
ETMAAL CONFERENCE, ANTWERP, BELGIUM Narratives in the virtual world: on Presence, Involvement and Transportation in a Virtual Reality Game.	2015

INVITED TALKS

BSI DAY, GROESBEEK, NL Social network intervention to promote physical activity in youth.	2017
ACHC MOBILE HEALTH, AMSTERDAM, NL MyMovez Wearable Lab: 'All the gear, but no idea!'	2017
'GYMMEN IN DE TOEKOMST' CONFERENCE, PAPENDAL, NL The use of mobile technology to promote physical activity and health.	2015
CONTEMPORARY CHALLENGES, CONFERENCE, NIJMEGEN, NL MyMovez: Health campaign using wearables	2015

AWARDS AND NOMINATIONS

BEST PAPER	2019
ISBNPA Conference, Prague, Czech Republic	
Last round	
BEST PAPER	2018
BSI day, Groesbeek, NL	
Second prize	
BEST STUDENT PAPER	2018
SIMULTECH, Porto, Portugal	
nominated	
BEST PRESENTATION	2017
ISBNPA Conference, Victoria, Canada	
Top three	
INNOVATION AWARD	2016
ISPAH Conference, Bangkok, Thailand	
Last round	

SKILLS

DATA ANALYSES

Expert in advanced analytical techniques (e.g. Mixed effects models, Social network analyses) in R.
 Expert in data handling (transforming structures, merging m multilevel imputation) in R
 Advanced in data visualizations (e.g. ggplot, ggraph, photoshop)
 Familiar with other analytical software (e.g. SPSS, Lisrel, Intellex)
 Intermediate programmer of psychological experiment (PsychoPy) in python.

PROJECT MANAGEMENT

Approach schools for participation in research projects.
 Stay in touch with contact person of the school, and schedule data collections.
 Taking care of the inventory and the research material.
 Keep track of participation a large sample of participants (ca. 1500) over multiple time periods

KNOWLEDGE DISSEMINATION

Building websites (Wordpress or R Blogdown) to keep in touch with (parents of) participants to receive consent and keep them up to date about the research projects.
 Present research findings on (inter)national conference and participating schools.
 Writing scientific articles for international scientific journals (in word and latex).
 Collaboration with other departments or disciplines.

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